

What is claimed is:

1. An adjustable hair roller comprising:
 - a body having inner surface and an outer surface, wherein the outer surface is adapted to engage with strands of hair; and
 - 5 an adjustment mechanism having a first portion extending inwardly from the inner surface at a first location, and a second portion extending inwardly from the inner surface approximately opposite the first location;wherein the body has a first cross-section when the adjustment mechanism is engaged in a first position, and the body has a second cross-section when the
 - 10 adjustment mechanism is engaged in a second position.
2. The adjustable hair roller of claim 1, wherein the first and second cross-section of the body is a cross-section perpendicular to a longitudinal axis of the body.
3. The adjustable hair roller of claim 1, wherein the outer surface includes
15 bristles.
4. The adjustable hair roller of claim 3, wherein the bristles are constructed from one part of a hook and loop fastener.
5. The adjustable hair roller of claim 3, wherein the bristles are constructed from one part of a VELCRO® material.
- 20 6. The adjustable hair roller of claim 1, wherein the first portion of the adjustment mechanism includes a plurality of notches, and the second portion of the adjustment mechanism includes a key adapted to engage with the notches.
- 25 7. The adjustable hair roller of claim 1, wherein the first portion of the adjustment mechanism includes a plurality of circular notches extending through a majority of the first portion, and the second portion of the adjustment mechanism includes a generally cylindrical key adapted to engage with the circular notches.

8. The adjustable hair roller of claim 1, wherein the first cross-section is generally circular, and the second cross-section shape is generally oval.

9. An adjustable hair roller comprising: a body having inner surface and an outer surface, wherein the outer surface is adapted to engage with strands of hair; and an adjustment mechanism having a first portion extending inwardly from the inner surface at a first location, and a second portion extending inwardly from the inner surface approximately opposite the first location, wherein the first portion of the adjustment mechanism includes a plurality of notches, and the second portion includes a key adapted to engage with the notches, wherein the body has a generally circular cross-section when the key is engaged with a first notch, and the body has a generally oval cross-section when the key is engaged with a second notch.

10. The adjustable hair roller of claim 9, wherein the first portion of the adjustment mechanism includes a plurality of circular notches extending through a majority of the first portion, and the second portion of the adjustment mechanism includes a generally cylindrical key adapted to engage with the circular notches.

11. The adjustable hair roller of claim 9, wherein the cross-section of the body is a cross-section perpendicular to a longitudinal axis of the body.

12. The adjustable hair roller of claim 9, wherein the outer surface includes bristles.

13. The adjustable hair roller of claim 12, wherein the bristles are constructed from one part of a hook and loop fastener.

14. The adjustable hair roller of claim 12, wherein the bristles are constructed from one part of a VELCRO® material.

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15. A method of changing the cross-section of a hair roller comprising:
 - placing a first portion and a second portion of an adjustment mechanism generally opposite each other on an inner surface of the roller, the first and second portion extending inwardly from the inner surface;
 - 5 engaging the first portion of adjustment mechanism with the second portion of the adjustment mechanism;
 - placing a force on an outer surface of the roller near at least one of the first and second portions; and
 - 10 changing the shape of the roller from a generally circular shape to a generally oval shape.